

## **Report of the Anti-Drug Awareness Programme Conducted by College Protection Group, Mental Health Club & NSS units 53 and 95**

College Protection Group, Mental Health Club & NSS units 53 and 95 conducted Anti-Drug Awareness Programme on 12<sup>th</sup> March 2025 at 10.30 am in the New Seminar Hall. Dr Moncy Edward, Clinical Psychologist, Jubilee Mission Hospital, Thrissur was the resource person. Mr Lathif Penath, Mental Health Club Coordinator welcomed the gathering. Dr Reena Mohamed presided over the meeting. Mr Aspin Asharaf delivered the key note address. Dr K P Sumedhan, Director of Self Financing Courses and Cp Bindhil M B offered felicitations. Dr Amitha P Mani, Coordinator of College Protection Group delivered the vote of thanks. The programme helped to create a healthier, more informed, and supportive environment in the campus.

Dr Moncy talked about the dangers of drug use that can prevent students from trying drugs in the first place, especially when they understand the short- and long-term consequences. The students were able to recognize the warning signs of drug abuse in themselves or their peers, promoting early intervention and support. Students became more aware of the link between drug use and mental health issues, fostering a greater willingness to seek help if they are struggling with emotional or psychological challenges. The resource person emphasised how the use of drugs negatively impact focus, memory, and overall academic performance of students.

Students were given alternative ways to cope with stress, anxiety, or peer pressure that don't involve substance use, like mindfulness techniques, physical activity, or seeking support from friends or counselors. The programme could encourage self-reflection and growth, thereby helping students to understand the importance of making responsible choices for their well-being and future.





